

Pet Cardiopulmonary Resuscitation (CPR)

- If your pet has a cardiac arrest, you can help save his or her life by performing cardiopulmonary resuscitation (CPR).
- By distributing much-needed oxygen and blood throughout a pet's body, CPR can help do the work that the lungs and heart have stopped doing.
- If you think that your pet's breathing or heartbeat has stopped, if possible, have someone call your veterinarian while you perform CPR.

By distributing essential oxygen and blood throughout a pet's body, CPR can help do the work that the lungs and heart have stopped doing.

Cardiac arrest means that the heart is not beating and breathing has stopped, resulting in a lack of oxygen and blood throughout the body. If your pet has a cardiac arrest, you may be able to help save his or her life by performing cardiopulmonary resuscitation (CPR) until help arrives or you can get your pet to your veterinarian. By distributing essential oxygen and blood throughout a pet's body, CPR can help do the work that the lungs and heart have stopped doing.

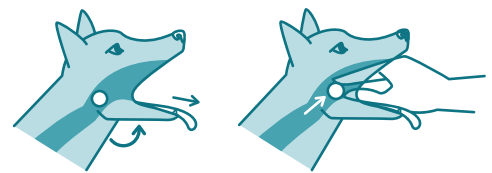
If you think that your pet's breathing or heartbeat has stopped, it is important to stay calm but act immediately. If someone is with you, have him or her call your veterinarian while you do the following:

Step 1: Check for Responsiveness

First, check your pet's breathing by placing your hand in front of his or her nose and mouth, but do not cover them and block the airway. If your pet is not breathing, move to step 2 without spending time checking for a heartbeat.

Step 2: Clear the Airway

If you don't see or feel your pet breathing, immediately ensure that the airway is clear. Pull the tongue forward



out of the mouth, but be careful: even an unresponsive animal can bite. Look into the throat for a foreign object or obstruction. If you find one, remove it carefully. With your pet lying on its side, move your pet's chin away from the chest until the neck is straight, but don't move the neck if you suspect it is injured. This step should only take seconds.

Step 3: Chest Compressions

To improve chances of survival, start chest compressions as quickly as possible after steps 1 and 2 are performed.

To perform compressions in most dogs:

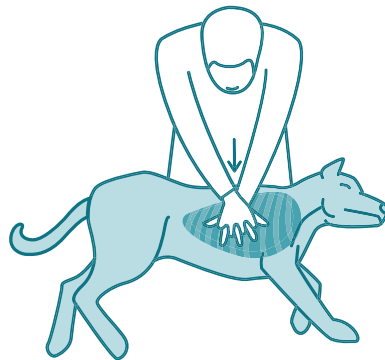
- Place your hands on top of one another, with the palm of one on the back of the other.
 - If your pet has a narrow chest, put your stacked hands over your pet's heart. The heart is located in the lower half of the chest, behind the elbow of a front leg in natural position.
 - If your pet has a round chest, put your stacked hands on the widest part of the chest.

Pet Cardiopulmonary Resuscitation (CPR) *continued*

- Lock your elbows so that your arms are straight, and get your shoulders directly over your pet so you can push straight down.
- Using your core body muscles (ie, leaning from the waist), press down on the chest to compress it by one-third to one-half of its width. Press harder for larger dogs and with less force for smaller dogs.

For cats and tiny pets, compress the chest with the thumb and forefingers of one hand.

Perform compressions at a rate of 100 compressions per minute (to the beat of "Stayin' Alive"). Be sure to let up on pressure after each compression.



Step 4: Artificial Respiration

After 30 chest compressions, give your pet 2 brisk breaths. Straighten your pet's head and neck, close the mouth, and breathe directly into the nose, but not the mouth, until the chest expands. Avoid lifting the head up off of the ground while you give the breaths, as it bends the airway.

If the chest doesn't expand, check again for a foreign object in the throat and straighten the airway. Ensure that no air escapes between your mouth and your pet's nose.

Resume compressions after the 2 breaths are given, without delay. Continue rotating between 30 chest compressions and 2 breaths until a response is seen. ■

